

COMBATING OBESITY

with Nutrition and Physical Activity

SATELLITE CONFERENCE AND LIVE WEBCAST

Wednesday, March 17, 2010 2:00-3:00 p.m. (Central Time)

3:00-4:00 p.m. (Eastern) • 1:00-2:00 p.m. (Mountain) • 12:00-1:00 p.m. (Pacific)

Obesity, quite literally, is a growing problem all across the United States and it tends to affect certain minority populations more than others. Many say cultural factors influence diet and exercise behaviors, but for a population that's already at higher risk for other diseases such as diabetes and hypertension, added weight doesn't help. Program faculty will demonstrate how healthy lifestyle changes and community initiatives can help reverse an expanding trend.

PROGRAM OBJECTIVES

1. Learn general information about the impact of obesity on Alabamians.
2. Understand how healthy food choices can prevent obesity.
3. Recognize community initiatives through the Urban Nutrition Education Program – Alabama Cooperative Extension Program.
4. Explain why environmental policy changes addressing obesity are important.
5. Give examples of nutrition and physical activity environmental changes being implemented in Alabama.
6. List two forms of physical activity that can be done at home or work.

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Previous Programs

Available as On Demand Programs
www.adph.org/ALPHTN

Next Program

Man Up for Your Health: Healthy Men Move our Communities Forward
Wednesday, April 21, 2010
2:00 – 4:00 p.m. (Central Time)

CONFERENCE DETAILS

Target Audience: Nurses, social workers, nutritionists, health care providers, school educators and administrators, public health educators.

Continuing Education: Nurses 1.0 hours, Social Workers 1.0 hours

Registration: www.adph.org/alphtn

Technical Information: To receive complete technical information you must register at www.adph.org/alphtn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphtn.

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us

ALABAMA PUBLIC HEALTH TRAINING NETWORK



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